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NEWS WORTH SHARING.

Up to six terror cell members may be at large: French police

France mobilizes 10,000 troops to protect citizens PAGE 8

Beware the advice of Dr. Gwyneth

Author Timothy Caulfield attempts to debunk celebrity-fuelled health trends, from juicing to gluten-free PAGE 15

Those boots are made for walking

NEW TRANSIT COLUMNIST **KAREN QUINN FUNG** MAKES THE CASE FOR WALKING AS 'THE ONE RESOLUTION TO RULE THEM ALL' PAGE 9

UBC SCORES PAIR OF RARE BOOKS

With the help of a student's crowdfunding campaign, UBC has acquired two extremely rare 19th-century novels, Teleny and Des Grieux, making it the only place in the world where both works — seen as trailblazers for gay literature — are collected. Story, page 4.

DON ERHARDT/UBC

Ice climbers killed near Pemberton

Joffre Peak. Two women and a man died in suspected fall: Police

British Columbia's mountaineering community is mourning the loss of three ice climbers who were killed in an apparent fall near Pemberton on Sunday.

The bodies of two women and a man were discovered Monday morning in a crevasse about 300 metres below Joffre Peak, according to Whistler RCMP.

RCMP Sgt. Rob Knapton said one woman and a man were in their mid-30s and from the Lower Mainland, and that the other woman was an international visitor in her late 20s.

They were part of a larger group of three climbers and two skiers who had made plans to meet up at the end of the day, said Knapton.

"When they didn't show up, the skiers located the one body and then they moved out and contacted us," he said.

He said the skiers saw the body of one person who appeared to have fallen. Mounties and rescue crews launched a search at daybreak and shortly after located all three bodies close to each other, said Knapton.

"It looks like there was a fall involved at this point, but we don't have any idea why or what caused it," he said.

Police have not yet been able to contact the families of all the climbers, whose names will be released later by the coroners' service.

Although he doesn't know the victims, Jesse Mcilwraith, an experienced climber from Kamloops, said the incident hits close to home among B.C.'s close-knit climbing community.

"It's tragic," he told Metro. "It's scary. It definitely makes the risk much more real for everybody else."

Vancouver-based ice climber Werner Grzimek, who has experience climbing Joffre Peak, said the incident underscores the inherent risks of the sport that pose a danger for even for the most experienced ice climbers.

Despite having more than 15 years of ice-climbing experience, Grzimek said, he still has close calls, including a fall that saw him break both his legs and require a helicopter to be airlifted to safety.

"If you play with fire, you sometimes get burned," he said. "It's a dangerous and risky sport."

THANDI FLETCHER/METRO
WITH FILES FROM THE CANADIAN PRESS

PUBLIC NOTICE

Lower Mainland intermediate pipeline system upgrade

On December 19, 2014, FortisBC Energy Inc. (FEI) applied to the British Columbia Utilities Commission (Commission) for a Certificate of Public Convenience and Necessity (CPCN), pursuant to sections 45 and 46 of the Utilities Commission Act, to replace two intermediate pressure (IP) pipeline segments in the Lower Mainland of British Columbia with an estimated construction cost of $264 million. FEI proposes to begin construction activities in the spring of 2018 and complete the in-service date before the end of 2018. Final restoration would complete in the summer of 2019.

The larger of the two replacement segments consists of replacing approximately 20 km of an existing 20" pipeline operating at 1200 kPa between Coquitlam Gate Station and East 2nd & Woodland Station that is showing evidence of nearing the end of its useful life with a new 30" pipeline operating at 2070 kPa. The second replacement consists of replacing a short 0.5 km section of 30" pipeline operating at 1200 kPa with equivalent size and operating pressure between Fraser Gate Station and East Kent Avenue & Elliott Street in Vancouver to upgrade this segment to meet FEI's seismic criteria for critical facilities with the majority of FEI's 210,000 customers in the Metro Vancouver communities of Vancouver, Burnaby, Coquitlam, Port Moody, Port Coquitlam, West Vancouver and the District of North Vancouver served through the Fraser Gate Station.

HOW TO GET INVOLVED

Persons wishing to actively participate in the proceeding must register as an intervener through the Commission's website at www.bcuc.com or in writing by January 26, 2015. In their registration, interveners must identify the issues they intend to pursue and indicate the extent of their anticipated involvement in the review process. Interveners will each receive a copy of all non-confidential correspondence and filed documentation, and must provide an email address if available.

Persons not expecting to actively participate, but who have an interest in the proceeding, should register as an interested party through the Commission's website or in writing, by January 26, 2015, identifying their interest in the proceeding. Interested parties receive a copy of the Decision when it is released.

Letters of comment on the Application will also be accepted. All submissions and/or correspondence received relating to the Application are provided to the Panel and all participants in the proceeding. Submissions are placed on the public record and posted to the Commission's website. By participating and/or providing comment on the Application, you agree that all submissions will be placed on the public record and posted on the Commission's website.

If you wish to attend the Workshop or the Procedural Conference please register with the Commission Secretary using the contact information provided at the end of this notice.

Tuesday Feb. 3, 2015 9:00 a.m.	**Workshop** FortisBC Energy Inc. will explain the Application and answer questions.	**Location:** Commission Hearing Room 12th Floor, 1125 Howe Street Vancouver, B.C.
Tuesday Feb. 10, 2015 9:00 a.m.	**Procedural Conference** The Commission will consider the process to review the Application.	

VIEW THE APPLICATION

The Application and all supporting documentation are available on the Commission's website under "Current Applications." If you would like to review the material in hard copy, it is available to be viewed at the locations below:

British Columbia Utilities Commission Sixth Floor, 900 Howe Street Vancouver, BC V6Z 2N3 **Commission.Secretary@bcuc.com** Phone: **604-660-4700** Toll Free: **1-800-663-1385**	**FortisBC Energy Inc.** 16705 Fraser Highway Surrey, BC V4N 0E8

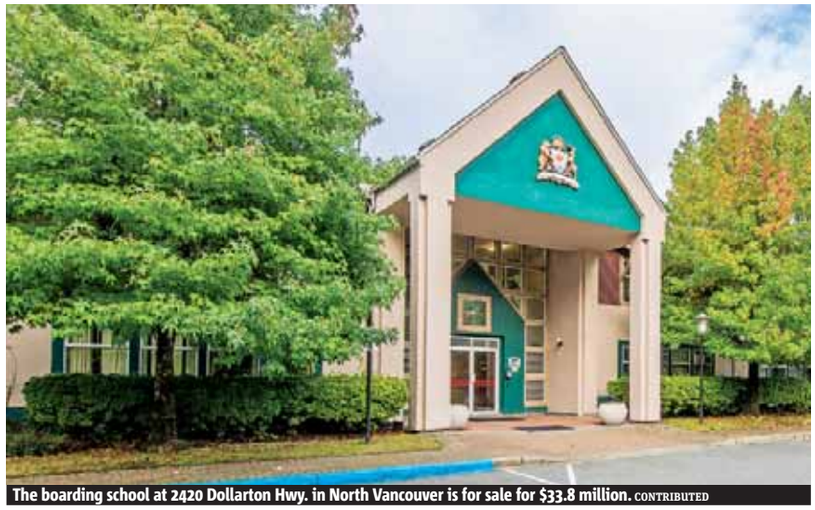
FOR MORE INFORMATION OR TO REGISTER

For more information or to register please contact Ms. Erica Hamilton, Commission Secretary, using the contact information above.

For sale: One big boarding school

6.5-acre property. Largest boarding school in Metro Vancouver on the market for $34M

EMILY JACKSON
emily.jackson@metronews.ca



The boarding school at 2420 Dollarton Hwy. in North Vancouver is for sale for $33.8 million. CONTRIBUTED

The largest boarding school in Metro Vancouver is for sale for $33.8 million, with the realtor anticipating it will be snapped up to meet demand for private schools in the region.

Since it went on the market last month, a dozen buyers have looked at the 6.5-acre North Vancouver property at 2420 Dollarton Hwy. complete with classrooms, 350 dorm rooms, tennis courts and a cafeteria, Colliers International realtor David Taylor said Monday.

Prospective buyers are split between established, local schools looking to expand, Taylor said, and Asian private school operators looking to set up in Vancouver.

"If you were a boarding school operator, to find a site to build a brand new school is next to impossible," he said, arguing it would be much easier to use the existing facilities built between 1988 and 1990.

"The facilities themselves are in very good condition.... They could basically go in and open up Sept. 1."

With private school enrolment jumping in the past few years, wait lists at local boarding schools (the prestigious St. George's has announced plans to build new dorms) and immigrants viewing Vancouver as a desirable place to relocate, Taylor anticipates school operators will vie for the property once he starts accepting offers on Jan. 26.

It's not clear why the Korean immersion school that most recently leased the property stopped operating in September. A Japanese businessman built the original school, called the Canadian International College.

But B.C. private school admissions director Diana Chang agrees there is definitely a need for more space to serve the influx of international students, especially from China, who are looking to study in Canada.

"There's a long waiting list for the brand-name schools that do well in our ranking reports," Chang said.

Most want to come to Canada for an education with more work-life balance — Chinese children are under extremely high pressure to start studying for their university entrance exams in kindergarten — and a chance to get a work permit, she said.

"Education is a great way to do that. It's easier to get a work permit after if you have high school and university."

Saanich mayor admits to affair, alleges spying at city hall

The new mayor of the Victoria suburb of Saanich alleges his city hall computer is bugged and local police have pulled him over four times on groundless suspicions of drunk driving.

Mayor Richard Atwell addressed the issues during a news conference Monday, admitting he wasn't truthful when he originally denied being involved in an extramarital affair. Atwell read a prepared statement but refused to answer questions.

Atwell, who is married, said he rejected reports earlier this month of a dust-up on Dec. 11, 2014, with a man at the home of a female campaign supporter because he wanted to protect those closest to him from harm.

The Victoria Times-Colonist, citing sources it did not name, reported on its front page on Jan. 6 that police were called to the home at about 11 p.m. after receiving a 911 call.

"I called 911 as a complainant looking for help, and at no time did I commit any criminal act," said Atwell at the news conference. "But I do have concerns about the way the investigation was handled and how details of the incident became public."

He said he filed a complaint with B.C.'s police complaint commissioner's office asking for an outside agency to review the matter.

But Atwell did not stop there: He also registered formal concerns about allegations of police harassment and computer spying at municipal hall.

He said he's been pulled over by police four times since running for office and on two occasions was administered roadside breathalyzer tests of which his alcohol reading was zero.

Atwell said he is now asking the head of the Victoria area's integrated road safety unit to review the police stops.

THE CANADIAN PRESS

Police chief responds

Saanich police Chief Const. Brian Downie said in a statement that he had not been informed of Atwell's concerns about police harassment or his questions about how information about the Dec. 11, 2014, domestic incident became public.

- Downie said Atwell contacted police with concerns about spyware on his computer and that matter is under review.

Saanich Mayor Richard Atwell
DIRK MEISSNER/THE CANADIAN PRESS

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Two men. Suspects sought in alleged sexual assault

Vancouver police are looking for two men in connection with the sexual assault of a woman on the Burrard Street Bridge early Sunday.

Police said a 23-year-old Vancouver woman was walking south on the east side of the bridge around 2:45 a.m. when she heard two men calling to her from the west side.

The men crossed over the barricades and traffic lanes to the east sidewalk, where they continued to shout profanities at the woman.

Police said the men approached the woman from behind and one of them pushed her up against the railing and groped her.

The woman fought off the man and was able to run to a nearby taxi where she called 911, police said.

The men were last seen running south from the bridge in the area of Burrard Street and West 1st Avenue, according to police.

The men are described as South Asian and clean-shaven with short brown hair and brown eyes. Both were wearing dark jeans and T-shirts and spoke with Punjabi accents.

The first man is in his mid 30s and is six feet tall with a skinny build, while the second man is in his early 30s and five-foot-seven with a thin build, police said. **THANDI FLETCHER/METRO**

Weeds Glass & Gifts. Police seek pot-store robbers

A Vancouver marijuana store was robbed at gunpoint on Friday, according to city police.

Investigators say two men — one armed with a handgun and bear spray — barged into the Weeds Glass & Gifts store on Main Street, near E. 51st Avenue, shortly after 9 p.m.

While the armed robber held the store clerk at gunpoint, the second man stole some marijuana before both of them ran off. No one was hurt during the robbery, and no shots were fired.

The armed robber is described as a five-foot-six Asian male, 25 to 30 years old with a stocky build and thin face. He was wearing a black baseball hat, black jacket and black pants at the time of the robbery.

The second suspect is described as a six-foot-tall South Asian man with a slim build. He was wearing a balaclava, grey hooded sweatshirt, grey sweatpants and white runners at the time and was also carrying a large red and black backpack.

No arrests have yet been made, and the investigation continues. **MATT KIELTYKA/METRO**

Nanaimo

Shotgun fired in liquor store

Police in Nanaimo are searching for three men suspected of firing a sawed-off shotgun into the ceiling of a liquor store and discharging bear spray at an employee.

RCMP say the men attempted to rob the store and may have stolen several bottles of wine as they escaped. **THE CANADIAN PRESS**

HMCS Annapolis

Plan to turn vessel into reef delayed

A plan to sink a former Canadian navy vessel off B.C.'s coast on Sunday and turn it into an artificial reef has been stalled by a judge. The Save Halkett Bay Marine Park Society filed for an injunction to stop the sinking of the former HMCS Annapolis in Howe Sound. The group's lawyer says a judge issued a temporary stay. **THE CANADIAN PRESS**

Justin O'Hearn, left, PhD candidate in Victorian literature at UBC, and Gregory Mackie, assistant professor in UBC's Department of English. COURTESY DON ERHARDT/UBC

UBC student helps school secure historical novels

Teleny and Des Grieux. Crowdfunding used to secure homosexuality-themed novels that may be linked to Oscar Wilde

MATT KIELTYKA
matt.kieltyka@metronews.ca

Some of the first published homosexuality-themed novels, with unproven links to Oscar Wilde, are now property of the University of British Columbia, thanks to one student's crowdfunding campaign.

The 19th-century novels, Teleny (published in 1893) and sequel Des Grieux (1899), were bought for $16,000 and $23,000 respectively after Justin O'Hearn, a PhD candidate in Victorian literature at UBC, stumbled upon an auction for the items while working on his dissertation.

"I hastily started a Kickstarter page and raised $3,000 very quickly," said O'Hearn.

The UBC library put up the rest of the money from a fund it has earmarked for rare and special acquisitions.

"Now UBC is the only place in the world with these two works together," said O'Hearn.

The PhD candidate says the works, centred around the relationship between the two title characters, feature explicit scenes that were considered obscene at the time, and both novels would have been illegal to own.

"It was the first time a novel dealt explicitly with homosexuality," he said. "They were published clandestinely and read behind closed doors."

Des Grieux, in particular, is extremely rare. There are only three known copies in the world, and the novel has never been reproduced.

"Scholars haven't had a chance to read it, let alone study it," said O'Hearn, who plans to work on the first modern reproduction of the novel. "For those reasons, the books are super important, even without the Wilde connection."

That rumoured connection to the iconic Irish writer is actually pretty tenuous, according to O'Hearn.

Decades after the works were published (and after Wilde's death), a shopkeeper claimed he saw Wilde drop off the original manuscript for Teleny, which was then circulated among his peers before being published.

The novels also feature a few witty lines of dialogue similar to that which Wilde is known for, but O'Hearn warns the writer's style would have been often imitated at the time.

The works can now be found at the UBC library's Colbeck Collection of 19th-century literature and are available for public viewing.

Historical importance

"Now UBC is the only place in the world with these two works together."

Justin O'Hearn, a PhD candidate in Victorian literature at UBC

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Report reinforces calls for national inquiry

Missing and murdered aboriginal women.
Human-rights group says government obligated to investigate

MATT KIELTYKA
matt.kieltyka@metronews.ca

Calls for a national inquiry into murdered and missing aboriginal women intensified Monday with the release of a new international human-rights report.

The Inter-American Commission on Human Rights, an arm of the Organization of American States (OAS), says an inquiry or national action plan is needed to get to the root of the problem and found the federal government is legally obligated to address the crisis.

Advocates in Vancouver, who have long called for an inquiry, welcomed the report.

"From a legal perspective, this is an extremely significant report on the nature and scope of government obligation to prevent violence against indigenous women," said Gwen Brodsky, a lawyer who represented the Native Women's Association of Canada and the Feminist Alliance for International Action during the OAS's investigation.

"This is not a matter of mere policy choice by government; it is a matter of legally binding obligations under a human-rights instrument that Canada is bound to as a member of the OAS. Canada is going to have to revisit that, whether it wants to or not."

The OAS report said aboriginal women in Canada are murdered or disappear at a rate four times higher than their representation in the population.

According to the RCMP, at least 1,181 aboriginal women have been killed or have gone missing since 1980.

The federal government has so far rejected calls for an inquiry, but Grand Chief Stewart Phillip of the Union of B.C. Indian Chiefs believes an inquiry is just a matter of time.

"There will be a national inquiry," he said. "There is just such a groundswell of support right across the board for that to happen. We're going to continue to pursue this issue until such time that there's justice."

The B.C. Civil Liberties Association also issued a statement in response to the report, saying it's now clear that failing to prevent violence and discrimination against indigenous women is a violation of international law.

Shelagh Day of the Feminist Alliance for International Action and Grand Chief Stewart Phillip of the Union of B.C. Indian Chiefs speak to media in Vancouver on Monday. MATT KIELTYKA/METRO

WITH FILES FROM THE CANADIAN PRESS

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Ex-husband loses bid to gain custody of family dog

A Metro Vancouver man has lost his court case seeking custody of the family dog and damages for a slipper thrown at him by his wife.

Robert Zalik, who earned his living as a party entertainer, sued his ex-wife, Marsha Zalik, and sought damages after the couple separated three years ago.

He sought custody of the dog and claimed he should get $120 a month support for the dog's care. He claimed that if Marsha opposed custody, he wanted an assessment by a qualified psychologist to determine that his ex-wife was able to care for the dog.

And if his ex-wife is granted custody of the dog, Robert wants to be compensated for the emotional trauma and alienation from the dog, as well as Marsha's friends and grandchildren.

B.C. Supreme Court Justice Peter Leask ruled that the wife gets to keep the dog, since she owned the dog and two parrots before marrying Robert in 2010.

The judge ruled that Robert had failed to prove the slipper thrown at him caused any injury that required compensation.

The judge also dismissed the ex-husband's claim for emotional trauma after being escorted out of the family home in 2012 by two police officers.

The judge said that life has many upsetting moments.

"Quite simply, minor and transient upsets do not constitute personal injury and hence do not amount to damages," Leask said in a recent written ruling.

Robert also sought spousal support from his ex-wife, which the judge dismissed, finding he had failed to provide the court with any documentation of his income, other than estimates of what he made by the hour as a party entertainer (up to $250 an hour for balloon art and up to $400 an hour for magic).

Robert also sought damages for breach of a Jewish marriage contract, known as a "ketubah," alleging his ex-wife failed to maintain a lifetime marriage.

But the judge dismissed that claim as well, noting that the religious obligation to maintain a lifetime marriage was "manifestly inconsistent with the parties' legal rights and obligations" under the Divorce Act.

NEAL HALL/FOR METRO

Visit Squamish in 2015: New York Times

Travel destination. Newspaper credited Sea to Sky Gondola that opened last spring for putting Squamish on the map

Move over, Whistler, there's a new mountain-town star in B.C.

Squamish made the New York Times list of 52 places to go in 2015, a prestigious compilation that lauded the town for no longer being just a pit stop on the highway from Vancouver to Whistler.

The newspaper credited the $22-million Sea to Sky Gondola that opened last spring for putting Squamish on the map.

Of the nearly half-million people that have already taken the trip up the mountain, many seem to stick around afterward to explore the trails, lakes and waterfalls.

While the gondola has attracted widespread attention, locals haven't always celebrated the infrastructure.

There was major opposition to the project in 2012 from critics who wanted to maintain the pristine, hard-to-access nature of the beloved region near the Stawamus Chief Provincial Park.

The article also noted Squamish as an excellent location for kiteboarding, bald-eagle watching and climbing the Stawamus Chief.

The only other Canadian location named was Quebec City. EMILY JACKSON/METRO

Visitors take in views of Howe Sound from the summit of the Sea to Sky Gondola near Squamish on May 9, 2014. THANDI FLETCHER/METRO

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Abbotsford. Officer to donate kidney to colleague

Forget about a million-dollar jackpot. A British Columbia police detective says he's won the lottery on life after one of his supervisors volunteered to give him a kidney.

Det. Roy McBeth of the Abbotsford Police Department is gearing up for transplant surgery on Wednesday alongside his coworker and organ donor Insp. Kevin Wright.

"It's given me a new lease on life," said McBeth about the upcoming procedure. "It's like winning the lottery."

Wright, 51, was one of a half-dozen workers at the Fraser Valley police department who put their names forward as possible organ donors after learning their ailing colleague was searching for a transplant.

"It just seemed like the right thing to do," said Wright about his decision to help out his workmate.

"You don't need to be dead to donate a kidney."

McBeth, 44, was diagnosed with polycystic kidney disease as a child — a genetic ailment he shares with a number of his family members.

The degenerative disorder causes multiple, fluid-filled cysts to grow in the kidneys, which ultimately impair their ability to clean blood and eventually leads to the need for either an organ transplant or regular dialysis.

A little more than a year ago, McBeth put out a submission through the Abbotsford police force and several other municipal agencies, looking for a living kidney donor.

In November, Wright was selected as the successful match.

"It's a remarkable gift. There are no words to really express it," said McBeth as he recalled hearing the news about Wright's decision.

"He's extending my life possibly for another twenty years." THE CANADIAN PRESS

Prince Rupert

LNG plant worth $25B and could create 6,000 jobs, says Exxon Mobil

Exxon Mobil Corp. says it plans to spend up to $25 billion to build a liquefied-natural-gas export plant at Tuck Inlet, located within the city limits of Prince Rupert on B.C.'s north coast.

If the U.S.-based energy giant decides to go ahead with the project, it says construction would start in two years and the plant would be in operation by 2024.

Exxon filed its plans for its proposed West Coast Canada LNG project to the B.C. government's Environmental Assessment Office last week. THE CANADIAN PRESS

Tekmira

Burnaby biotech firm set to merge with U.S. company

A Burnaby-based biotech company that has been developing an experimental Ebola treatment has announced plans to merge with a U.S. company that specializes in hepatitis B treatments.

Tekmira Pharmaceuticals, which has also been working on a hepatitis B drug for years, is merging with Pennsylvania-based OnCore Biopharma, the company said in a news release Sunday.

In a statement, Tekmira CEO Mary Murray said the focus of the merged company will be to speed up development of a cure for hepatitis B. THANDI FLETCHER/METRO

Too cold for elephants?

Edmonton Valley Zoo under fire

An international animal rights group has named Edmonton's Valley Zoo to a "Hall of Shame" for not moving its lone elephant, named Lucy, to a warmer climate. In Defense of Animals says the label is reserved for zoos that refuse to make changes within a reasonable time that would benefit their elephants. Activists say Edmonton's winter is too harsh for the elephant. THE CANADIAN PRESS

Lac-Mégantic

Payout not enough: Official

The funds earmarked for those affected by the Lac-Mégantic train disaster represent just a fraction of what's needed, a town official says. A $200-million US settlement was announced last week, with more than half of the money going to various levels of government. About $50 million is destined for relatives of the 47 people who died in the July 2013 disaster, but it could rise. THE CANADIAN PRESS

Dentistry students head back to class

The Dalhousie University dentistry building is seen on Monday in Halifax. Dentistry students returned to class but the 13 students who allegedly posted sexually explicit messages on a Facebook page will be taught separately. The resumption of school was delayed by a week as the university dealt with the ongoing controversy. The university also delayed the reopening of a dental clinic at the school and stripped the 13 male students of their clinical privileges.

ANDREW VAUGHAN/THE CANADIAN PRESS

Taser death. Perjury case against Mounties to proceed

RCMP Const. Kwesi Millington
DARRYL DYCK/THE CANADIAN PRESS

An RCMP officer who stunned Robert Dziekanski with a Taser at Vancouver's airport lost an attempt Monday to dismiss a perjury charge related to his testimony at a public inquiry.

Const. Kwesi Millington was among four officers who confronted Dziekanski during his fatal encounter with police in October 2007. All four were later charged with perjury over their testimony given at a public inquiry two years later.

The Crown, which alleges the officers colluded to lie to investigators and then perjure themselves at the inquiry, wrapped up its case against Millington late last year.

Millington's lawyer then made an application to end the trial and throw out the charge, arguing the Crown had produced no evidence that could support a conviction.

But B.C. Supreme Court Judge William Ehrcke said the Crown had put forward some evidence that, if true, could support a guilty verdict, though he cautioned that his ruling had no bearing on whether Millington would eventually be convicted or acquitted. THE CANADIAN PRESS

Mounties arrest a third man in alleged terror plot

Radicalization fears. Suliman Mohamed, 21, faces terror-related charges, along with twin brothers Ashton and Carlos Larmond

The RCMP swooped in on an alleged terrorist conspiracy because one of the suspects was about to get on a plane to India.

The Mounties have charged three young Ottawa men — including twin brothers — with various terrorism-related offences.

On Monday, the RCMP charged Suliman Mohamed, 21, with participation in the activity of a terrorist group.

Mohamed was also charged with conspiracy to participate in a terrorist activity with two other Ottawa men.

On Friday, 24-year-old twins Ashton Carleton Larmond and Carlos Honor Larmond of Ottawa were charged with various terrorism-related offences.

The RCMP says Carlos was arrested at Montreal's Pierre Elliott Trudeau Airport as he was intending to travel overseas for terrorist purposes.

The Canadian Press has since learned he was bound for India, though it is unclear if that was his final destination.

Ashton, who played pickup hockey on a men's team, was arrested in Ottawa.

Joseph Addelman, a lawyer for the brothers, said Saturday they planned to vigorously dispute the charges.

They are due for a second court appearance Feb. 12.

Mohamed was scheduled to appear in court Tuesday morning. But as of Monday very few details were made public about what the three were alleged to have done.

The Mounties said they would not be providing additional details, given that the matter was now before the courts.

Chief Supt. Jennifer Strachan, criminal operations officer for the RCMP in Ontario, said the arrests underscore the reality that there are individuals in Canada who have become radicalized to a violent ideology, "and who are willing to act upon it."

The RCMP thanked Integrated National Security Enforcement Team partners from the Ottawa Police Service and the Ontario Provincial Police.

Canada and other western nations fear that citizens who go abroad to take part in the Islamic State of Iraq and the Levant's guerrilla-style battles could return with intent to do harm.

The latest arrests have rekindled discussion about homegrown radicalization.

THE CANADIAN PRESS

Pakistan

School reopens a month after Taliban massacre

Pakistani children returned on Monday to the school where Taliban gunmen killed 150 of their classmates and teachers last month, clutching their parents' hands tightly in a poignant symbol of perseverance despite the horrors they had endured. It was the first time the school had reopened since the assault, and security was tight.

THE ASSOCIATED PRESS

U.S. military

Central Command accounts hacked

Hackers claiming to be working on behalf of Islamic State militants seized control of the Twitter and YouTube accounts of the military's U.S. Central Command on Monday, but the Pentagon swiftly suspended the sites and said no classified material was breached.

The Twitter page was filled with threats that said "American soldiers, we are coming, watch your back."

THE ASSOCIATED PRESS

One of the 10,000 armed troops deployed to protect sensitive sites patrols outside a Jewish School in the Marais district of Paris as children make their way home on Monday. JEFF J. MITCHELL/GETTY IMAGES

France on the hunt for gunmen's accomplices

Mission to protect sensitive sites. Country mobilizes 10,000 troops

As many as six members of a terrorist cell involved in the Paris attacks may still be at large, including a man who was seen driving a car registered to the widow of one of the gunmen, police officials said Monday.

Two French police officials told The Associated Press that authorities were searching the Paris area for the Mini Cooper registered to Hayat Boumeddiene, the widow of Amedy Coulibaly. Turkish officials say she is now in Syria.

The French police officials spoke on condition of anonymity because they are not authorized to discuss details of the investigation with the news media.

France deployed 10,000 troops to protect sensitive sites — including Jewish schools and neighbourhoods — in the wake of the attacks that killed 17 people last week. Brothers Cherif and Said Kouachi, as well as Coulibaly, their friend who claimed ties to Islamic extremists in the Middle East, died Friday in clashes with police.

Prime Minister Manuel Valls said the manhunt is urgent because "the threat is still present" after the attacks that began Wednesday with 12 people killed at the satirical newspaper Charlie Hebdo by gunmen the police identified as the Kouachi brothers.

Authorities said Coulibaly killed a policewoman Thursday and then killed four people at a kosher supermarket Friday before all three attackers were slain in two nearly simultaneous clashes with security forces around Paris.

THE ASSOCIATED PRESS

Anti-Islam rally

German march attracts 25,000

A weekly anti-Islam rally in the eastern German city of Dresden drew its biggest crowd yet on Monday, after organizers declared it a tribute to the victims of the terror attacks in Paris. Organizers said 40,000 people participated in the march, while Dresden police put the figure at more than 25,000 people — still more than the 18,000 who came last week.

Quoted

"It's fair to say we should have sent someone with a higher profile."

White House spokesman Josh Earnest, making a rare public admission of error on behalf of the Obama administration, on the decision to let the U.S.'s ambassador to France be the most senior government official to attend Sunday's anti-terror rally in Paris.

"Doesn't the intelligence service there follow those who have been released?"

Turkish President Recep Tayyip Erdogan, on why two of the gunmen in the attacks in France were not monitored more closely after serving their prison sentences.

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VOICES

ONE STEP AT A TIME

Think of it as the One Resolution to Rule Them All — walk more and the rest will fall into place, writes Metro columnist

YOUR RIDE
Karen Quinn Fung

So ... about your New Year's resolution. At this point, I'm guessing you're starting to really feel the challenge to keep sticking with your change — but still hoping to make it work.

Whatever it is you resolved — exercising more, eating healthier, saving money, finding better ways to cope with anxiety and stress, or spending more time with loved ones — just about all of these things can be improved by thinking differently about one thing that most of us are already doing on a daily basis. You could almost think of it as the One Resolution to Rule Them All.

That resolution? More walking.

You're hearing about it a lot these days — for good reason. Regular daily physical exercise, we're learning, does more for those of us who do a lot of sitting for work than going hard just on weekends with periodic intense bouts of physical activity. Walking also has a huge effect on health for those us not typically motivated to do much exercise.

But how about the rest of it?

Eating healthier? Inject variety and mindfulness to meals and snacks by buying smaller amounts of produce once every few days. As a short detour on your way to and from work or home, that's a few minutes of walking that make your efforts on your diet even more worthwhile.

Stress? Walking (like all physical activity) stimulates production of hormones that help you cope and protect you from the ill effects of stress. The benefits are even greater if that walk brings you near a park or greenspace. Put a podcast on for longer walks to learn something or have a restoring laugh.

Family and friends?

Enjoyable walks can be a great way to spend quality time. Walking allows us to connect across our differences in age, interests or energy levels. Silences can easily be companionable instead of awkward on a walk.

Family and friends? Enjoyable walks can be a great way to spend quality time. Walking allows us to connect across our differences in age, interests or energy levels. Silences can easily be companionable instead of awkward on a walk.

Saving money? Transit users are ahead of the curve in this respect; for some, walking to work or part of a trip may be reasonable (20 minutes on transit, versus 45 for a whole trip — with no waiting) enough to do for a few trips each week. Think of the things that make a good, comfortable walking experience, like shoes, orthotics and clothes for staying warm and dry, as part of your transportation budget, not fashion indulgences; compare it with money saved on parking.

Thinking differently about walking means pushing back on our assumptions about why we can't afford the time or effort to do it, and seizing chances to walk when they arise.

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

A man walks along the seawall in Coal Harbour on Jan. 8. JENNIFER GAUTHIER/FOR METRO

Introducing Your Ride

Metro is proud to introduce Your Ride, a weekly transit column about how you get around town — be it by transit, bike, car or foot.

- **Do you have a transit idea?** Shoot us an email at readers@metronews.ca.

Yes, violence abounds, but peace is on the increase

ROBSON FLETCHER
readers@metronews.ca

Last week, the world was shocked by the brutal attack on the Charlie Hebdo newspaper headquarters in Paris.

Within the past few months there's been the deadly shooting on Parliament Hill, the massacre at a school in Pakistan, a passenger plane shot out of the sky over Ukraine.

Last decade brought us the Sept. 11 attacks, the Iraq war, and the genocide in Darfur.

All of this violence, all of this savagery, all in real-time.

We live in an era in which the worst of humanity is live-streamed, live-tweeted, or live-broadcast (now in high definition!) for immediate consumption and maximum emotional impact. The inundation of gruesome imagery, understandably, can make it seem like the world is a frightening and increasingly violent place.

Yet, we also live in an era that's been described by Canadian-born Harvard professor Steven Pinker as likely the least violent — ever.

"Today, we are probably living in the most peaceful time in our species' existence," Pinker said, citing a plethora of historical and recent data, during a speech at the TED conference in Monterey, Calif., in March 2007.

By the end of that year, New York City — once known for its sky-high crime rates — had seen its fewest homicides since the NYPD started keeping detailed records in 1963. Since then, the low-murder mark has been broken four more times, in 2009, 2012, 2013 and 2014.

Last year saw just 332 homicides in the United States' largest city, down from its staggering peak of 2,245 murders in 1990. The country, as a whole, has seen its murder rate cut in half in the last quarter-century.

Canada has followed a similar trend. Our murder rate peaked in 1975 at 3.03 per 100,000 people, then dropped steadily to just 1.44 in 2013 — the lowest rate since 1966.

All of this is continuing a long trend that has been observed over centuries by Manuel Eisner, a comparative criminologist at the University of Cambridge.

"Serious interpersonal violence decreased remarkably in Europe between the mid-16th and the early 20th centuries," he wrote in a major study on the topic.

Eisner focused largely on homicides and crime — but, when it comes to large-scale violence, the world also has become increasingly peaceful.

The number of people killed in armed conflicts has plummeted in the past half-century, according to the Vancouver-based Human Security Report Project, which measured "state-based battle deaths" per million humans.

In 1950, the rate stood at 236. By 1971, it was 101. During the 1990s, it had dropped to about 15.

But the most peaceful decade, by far, was the first part of the 21st century, with roughly three people killed per million, per year, in war.

And it's not just state conflicts, although those have historically claimed the most lives, by a large margin. As Pinker observed: "Since the end of the Cold War there have been fewer civil wars, fewer genocides — indeed a 90 per cent reduction since post-World-War-II highs."

None of this is to minimize the suffering that so many people continue to experience today. Civil war rages on in Syria. Boko Haram continues to slaughter and inflict unimaginable horror on the people of Nigeria. Terrorists continue their attempts to intimidate free societies. Murderers continue to kill men, women and children.

The world, in many ways, is still a terrible place.

But it's getting better.

Robson Fletcher is a reporter for Metro Calgary.

metro

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Harry Styles ALL PHOTOS GETTY IMAGES UNLESS NOTED

Harry is dating in style but wants to keep it secret

One Direction's most likely solo artist, Harry Styles, has earned himself another celebrity merit badge — this time for Victoria's Secret model-dating. Nice work, Style!

The floppy-haired crooner has reportedly been getting quite cosy with Nadine Leopold.

"Harry has been getting more serious with Nadine," a source tells Us Weekly, adding that the pair are "spending lots of time together" lately.

But another source insists we shouldn't read too much into their quality time.

"Harry is having a good time being a young rock star," the second source says.

"You will know he has a girlfriend when he steps out on the red carpet with one.

"Until then, he's having fun and enjoying life."

I guess that's us told. Still, congratulations?

Nadine Leopold

Stars shed their clothing as Golden Globes venue cranks up the heat

Benedict Cumberbatch

If you thought the stars at the Golden Globes looked a little shinier than usual, you're not wrong.

Turns out the air conditioning at the Beverly Hilton just wasn't on Sunday night. Couple that with the rain that plagued Los Angeles all weekend and you've got one humid ballroom, illustrated by glistening presenters, multiple men — like Benedict Cumberbatch and Matthew McConaughey — ditching their jackets, and actresses furtively fanning themselves.

One attendee even passed out at his table, prompting a visit from paramedics during the show. Fun times.

Is Beyoncé's bump a baby or just a saucy daughter?

It seems Beyoncé can't even enjoy a simple afternoon of being buried in sand by Blue Ivy without everyone jumping to the conclusion that she's expecting again.

But that's probably because her three-year-old daughter decided to give her a rather noticeable bump in sand sculpture form.

Beyoncé posted an Instagram pic of herself under the sand, and set off a firestorm of speculation.

Maybe this really is her way of announcing the news? Or maybe Blue Ivy is just being extra-critical at a surprisingly young age.

Beyonce INSTAGRAM

SCENE

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If 2014 felt light on compelling albums it's likely because several of music's marquee artists took a 12-month sabbatical with an eye on 2015. Thus, there's plenty to be excited about over the next year. Here are eight of the most awaited albums expected in 2015, ranked in alphabetical order by artist

THE CANADIAN PRESS

8 hotly anticipated albums

Belle & Sebastian

The Glaswegian melodic artisans have yet to place a wrong foot in their nearly 20-year career, with 2010's lived-in Write About Love standing as another winsome triumph. Elastic-limbed new single The Party Line certainly augurs well for Girls in Peacetime Want to Dance, their first new full-length in nearly five years. **Release date: Jan. 20**

Bjork

The Icelandic iconoclast has been collaborating with Venezuelan producer Arca (who contributed to Kanye West's brilliant Yeezus, as well as his own well-regarded debut Xen) for her followup to 2011's Biophilia. That album was actually an ambitious multi-pronged multimedia suite, and while it earned the 49-year-old typically enthusiastic critical praise, her forthcoming ninth album would benefit from a renewed focus on songwriting. **Release date: unknown**

Drake

The Toronto rapper took 2014 off — if you can call it a year off after contributing some top songs (Trophies and 0 to 100), features (on iLoveMakonnen's irrefutable Tuesday) and memes (rolling lint at a Raptors game). A savvy pop prognosticator, Drake's new record might be called Views From the 6 and seems likely to influence more than just his hometown's nickname du jour. **Release date: unknown**

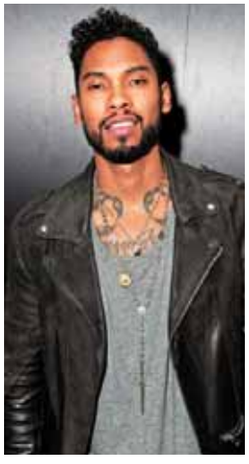
Grimes

The Montreal composer, born Claire Boucher, casually tossed off one of 2014's most indelible bangers in Go. She had also been working on the followup to 2012's Visions, but she told the New York Times she threw that album away and started again, raising expectations that were already high after her last standard-setting collection of idiosyncratic electronic pop. **Release date: unknown**

Kendrick Lamar

So high are our collective expectations for the dexterous Compton rapper's followup to insta-pillar Good Kid, M.A.A.D City that his recent comeback single, called i, was initially deemed a defanged disappointment. Well, the earthy Isley Brothers-derived tune has given Lamar his fourth Top 40 hit Stateside (and his highest-charting track in Canada) and most likely pulled even more people into the waiting room for his next appointment. **Release date: unknown**

Miguel



A new album from the spry, restlessly talented R&B songwriter was once due for last fall, two years after the release of his splendid second LP Kaleidoscope Dream. Instead, we got only a three-song set from the 29-year-old, headlined by the sticky thump of nwa. That December mini-release only whet appetites for the Grammy winner's worried-over third episode. **Release date: unknown**

Frank Ocean

Wishful thinking, perhaps, but Ocean must be due. The New Orleans-reared singer's official debut Channel Orange turns three in July, and — in his rare resurfacings — he's reported progress on a followup. Given Ocean's exacting standards, it's easy to imagine that he could stay still for another year — but let's think positive. **Release date: unknown**

Rihanna

The typically punctual RiRi has been silent since 2012's Unapologetic, which completed a run of four albums in less than four years (they all went platinum). A new record feels inevitable, in more ways than one: Her 13 career No. 1 singles tie her with Michael Jackson for third place all-time. **Release date: unknown**

Mark Ronson is the mastermind behind Uptown Funk, the No. 1 song in the U.S. right now, but he's still referred to as "the white guy in the Bruno Mars video." GETTY IMAGES

Mark Ronson loves being all funked up

New album. Producer has No. 1 song in the U.S. as he gets ready to release Uptown Special

Mark Ronson has multiple Grammy Awards and the current No. 1 song in the U.S. and U.K. Still, he had to agree when a photographer recently called him "the white guy in the Bruno Mars video."

Ronson, soft-spoken and analytical, is happy to stand just outside the spotlight as he promotes Uptown Special, his fourth album, out today. He recorded over the last year with producer Jeff Bhasker (Kanye West, fun) and enlisted author Michael Chabon, who won the Pulitzer Prize for fiction in 2001 for the novel The Amazing Adventures of Kavalier & Clay, to write lyrics.

The 39-year-old British producer partnered with Mars on the hit Uptown Funk, a throwback tune influenced by early 1980s funk groups like The Time. It's become the biggest hit for Ronson, best known for producing Amy Winehouse's Back to Black.

Ronson spoke at Bhasker's poolside music studio in Venice, Calif. about collaborating with Chabon and Mars, whom Ronson worked with on the crooner's hits Locked out of Heaven and Gorilla.

You've had success as a writer and producer, but Uptown Funk is a huge hit that's your song. How significant is that to you?

I know of course it has so much to do with Bruno. It's like even if the record was garbage, it's Bruno Mars, you're guaranteed a certain level of attention, right? ... I'm as proud of (Uptown Funk). ... It's awesome, but at the same time it almost feels like it's happening to somebody else.

Are you taking tips from Mars on how to handle the attention? He seems to thrive on energy of fans, but I don't get the sense that you do.

When you're going on tour and you get to play these songs that you wrote and get the thing from the crowd, that is fun. But when you're standing next to somebody like Bruno Mars — probably, maybe the greatest male live performer-entertainer of his generation — there's no need to try and claw some of the spotlight for yourself ... There was some MTV thing that (called us) 'Pop's new power couple.' ... I just wrote him an email. I was like, "Is it weird that I get a nice feeling when someone calls us a power couple? As if we're Barry Diller and Diane von Furstenberg or something. Do we need a name — like Brark Manson?"

Once Michael Chabon gave you lyrics, you had to say no to some of them. What's that feel like?

So I would have a piece of music and Michael would have these amazing lyrics, much cooler and more interesting than anything I've ever worked on, which is why I asked him to be a part of it. But maybe sometimes I'd realize it was more interesting than I was even with my pop sensibility attuned to. Some of the lyrics, they were Leonard Cohen-like — these stories of these kind of dark people that were awesome but maybe for the music that I'd written it didn't seem to fit. ... Jeff (Bhasker), in his endearing but super-blunt way, has these really adamant rules about songwriting. "These words, no you can't say that 'cause that word doesn't sing well and you have to have more repetition here, nobody's going to want to hear that."

THE ASSOCIATED PRESS

We may never be royals, but we can listen to King, have custom-made songs and enjoy a new album

SOUND CHECK
Alan Cross
scene@metronews.ca

Continental Shelf/Viet Cong

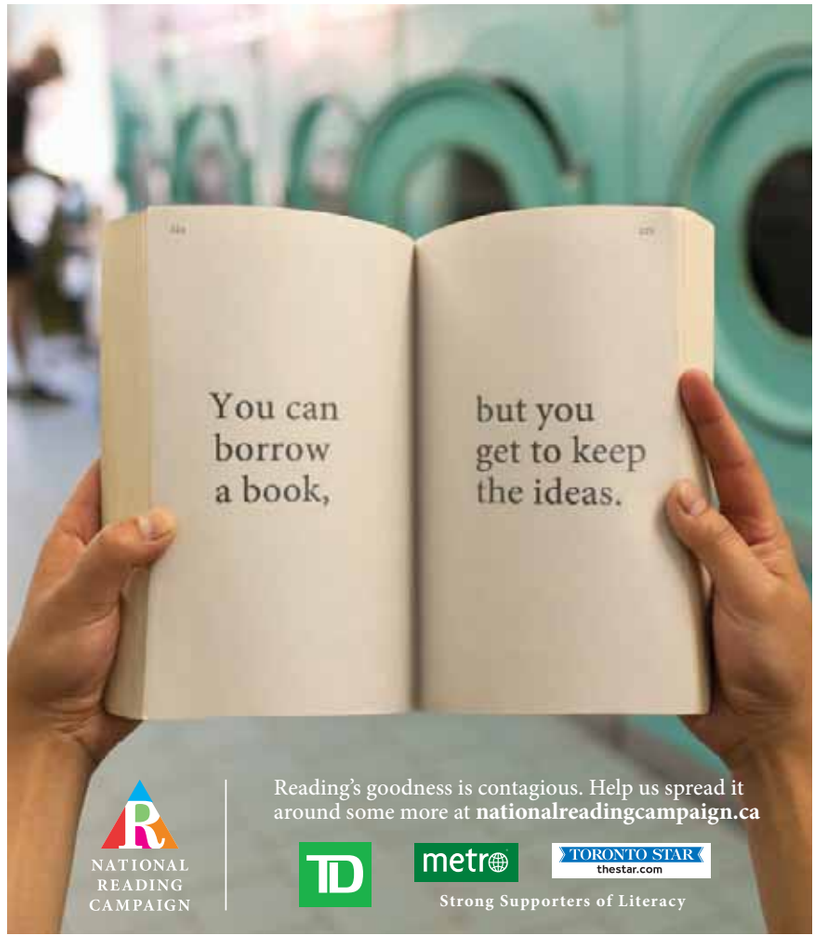
Rising from the rubble of Calgary's well-regarded Women, Viet Cong's highly anticipated self-titled album will be out next Tuesday. An early contender for the 2015 Polaris Music Prize?

Firefly/ Hollerado

The boys from Ottawa promised that the first 111 fans to pre-order their last record would get a custom-written song about them. The results are on 111 Songs, due March 24. Here's 1/111th of that record.

King/Years & Years

Every January, the BBC conducts a poll of music wonks to determine which new artist has the best chance of breaking out over the next 12 months. Previous winners have included 50 Cent, Keane, Adele, Haim and Sam Smith. This year's winners are from London.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Science versus celeb culture

New book. Author Timothy Caulfield reveals how much we're being duped by celebrities' advice on well-being

IZABELA SZYDLO
life@metronews.ca

Gwyneth Paltrow uses the blog of her e-commerce site, Goop, to promote the Clean Cleanse, which she swears by. Caulfield found that no scientific study appears to back up the theories put forth by the detox industry that cleanses clear toxins, parasites or even bad karma in a manner beneficial to our health. GETTY

Demi Moore has used leeches to detoxify her blood. Katie Holmes swears by snail slime to clear acne and reduce wrinkles. Gwyneth Paltrow is an avid promoter of, well, all things health — including the ever-popular cleanse.

But do any of these or other celebrity health endorsements and advice hold any scientific weight?

For his book Is Gwyneth Paltrow Wrong About Everything? Canadian author, professor and health policy expert Timothy Caulfield spent a year not only extensively researching and talking to a myriad of experts, but also trying some celebrity-recommended health, diet and beauty routines.

Gwyneth's name appears in the title and she is peppered throughout the book. Why is she such an easy target?
I genuinely like her and she seems like a sensible person, which is one of the reasons I was so fascinated by her. But she gives very explicit advice about our health, which does make her a pretty easy target in this area.

The book looks at the illusions that anyone can be a celeb and that celeb status is worth having, but focuses mainly on health and wellness. What are the dangers of buying into the pseudoscience of celeb health advice?
It pulls us away from the simple truth of what we need to do to be healthy. It also helps to legitimize pseudoscience, which hurts our ability to be a critical thinking society. In addition to that, the solutions that are offered are about short-term results using drastic measures for the purpose of achieving a particular esthetic goal.

Timothy Caulfield. LUCY HAINES/ METRO

You debunk a lot of hot topics — gluten-free, organic, drinking water to hydrate your skin, anti-aging creams, supplements, vitamins and more. What surprised you the most?
I was really surprised at how little good science there was on beauty and anti-aging products. There's nothing out there that's independent and really trustworthy considering billions of dollars are spent in this industry. The other one is juicing. It may give you variety in your vegetable and fruit intake but there's certainly nothing magical about it. It doesn't enhance anything health- or nutrition-wise.

You mention keywords we should be aware of such as detox, toxins and cleanse. Why do you think they appeal to people?
"Detox" is a semi-scientific sounding word and it pulls on our instinctive belief in how our body works. Therefore, it helps to legitimize the idea of a cleanse. Who wants toxins in their body? And it plays to people's fears about pollutants in our world and food, and offers a "solution" to that problem.

How frustrating is it for you, having written this book, to know that celebrity voices trump science?
It is very frustrating but that's one of my big conclusions now: The scientific, research, university and health care communities, we need to become part of the discussion. And the other thing I think is really important is having a trustworthy source of information that's independent and that people feel isn't coming from a compromised place. I hope the book isn't a downer, but liberating, so people don't have to worry about all that pseudoscience crap and can focus on the kind of stuff that really helps overall well-being.

Tim's top health tips

In the book Is Gwyneth Paltrow Wrong About Everything?, hitting shelves today, Tim includes the tried and tested ways to a healthy life.

- Don't smoke.
- Stay active, exercise regularly, and include some vigorous activities.
- Eat a balanced and calorie-appropriate diet that includes lots of fruits, vegetables, whole grains, lean protein, etc.
- Maintain a healthy weight (tough, I know).
- Wear sunscreen.
- Get an appropriate amount of sleep (which, for most, is between seven and nine hours a night).

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This year, it's really time to HIIT the gym

Exercise. Short, intense workouts, functional training among top fitness trends

Whether you're an avid exerciser or seeking to amp up your routine, fitness professionals are pointing to short, intense workouts and back-to-basics strengthening sessions among the hot trends to help you break a sweat in 2015.

For individuals seeking a challenging workout that is shorter in duration and free of tire-flipping and fire-walking, high-intensity interval training (HIIT) may be a viable option.

Characterized by intense bursts of exercise followed by brief rest periods, HIIT topped the list in canfitpro's first annual fitness trends survey, which polled nearly 2,000 fitness professionals.

Ranking second was functional fitness, described as exercise using movements to prepare individuals "for the activities of daily life."

"Doing a squat with a barbell across your back is a very functional movement because we do squats all day long, whether it's getting in and out of a car or sitting down on the toilet or getting out of an office chair," said Rod Macdonald, vice-president of canfitpro, whose organization bills itself as the largest provider of education in the Canadian fitness industry.

South of the border, the American College of Sports Medicine ranked HIIT second on its 2015 fitness trends survey, with body weight training — like pushups and pull-ups — topping its list.

Macdonald said he isn't surprised to see HIIT topping the Canadian list.

"High-intensity interval training allows the fitness professional to integrate a lot of effective work in a very short period of time which is also appealing obviously to the participant ... who maybe doesn't have a lot of time, or on certain days doesn't have a lot of time and they still want to get a great workout."

Macdonald said individuals just starting off with an exercise program should work with a certified fitness professional and be screened for any underlying health issues beforehand. But if they're in good condition, HIIT is OK provided they're supervised and go through a full warm-up and cool-down, he added.

Vancouver-based fitness instructor Amanda Vogel said in the HIIT class she leads, some participants will opt to go "really hard" in intervals while others adopt a more moderate pace.

"We're all working together within the framework of what everyone is able to do," said Vogel. "I still think there's a lot of benefit to that because one, they're moving, which is really important, and anything people are going to enjoy that's going to get people moving in the right direction of consistent exercise is going to be beneficial."

Rhonda Roberts Smid, founder and instructor at TAB Fitness, is pictured in her Toronto studio . THE CANADIAN PRESS

Rhonda Roberts Smid of TAB Fitness in Toronto said it's important for people who take on more physically intensive classes to realize they may not necessarily be getting a better workout, and is a proponent of adopting a more moderate approach — particularly for novices.

"I think when you do something that's very aggressive immediately — because your body is super sore and you see the beauty muscles shining right away — you think 'Yeah, this class is definitely giving me what I need.'

"But underneath all of those beauty muscles is the foundation. And when that is weak it tends to break down quickly, and that is why people are getting injured in a lot of these more intense classes.

"My suggestion to people always is slow turtle. If you're new to working out don't throw yourself into the (Tough) Mudder or a half-marathon."

Regardless of which type of workout they prefer, Macdonald said it's important that everyone exercises and adopts a regimen best suited to them.

"If somebody's going to go to the gym and they wouldn't have otherwise and they're going to do something that's moderate or even low-intensity, I would rather that they do that than not go to the gym at all." THE CANADIAN PRESS

Other popular routines

We asked trainers and yogis to look into their crystal kettlebells and tell us about how we're going to get our heart rate up in 2015.

- **Fitness apps.** "One thing that I think is really going to take off in 2015 is fully integrated fitness-tracking mobile apps," says Eric Casaburi, CEO and founder of Retro Fitness in New York City. "Our app, for example, offers members the opportunity to track workouts, set goals, earn points, join challenges and share updates all while connecting with third-party apps, such as MyFitnessPal."
- **Shorter workouts.** "We're a busy, time-strapped population so the standard 60-minute workout model isn't very appealing for many," says Brett Klika, personal trainer and author of 7 Minutes to Fit. "Research suggests about 20 minutes of strategic exercise is all we need to stay healthy and manage our weight."

EVA KIS/ METRO IN NYC

For your phone

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

YOU with Jamie Oliver (iPad/ iPhone; free)

This motivational app from Chef Jamie Oliver encourages you to make small life changes by trying new foods, activities and fitness goals while sharing photos of your results with others.

Winter is the best time to start doing yoga

EVA KIS
Metro World News in New York City

The New Year can be a bit of a hectic time, what with the planning for the rest of the year, keeping warm and trying not to overindulge in all that calorie-laden comfort food.

So, if you haven't started putting your New Year resolution into gear, you're likely not alone.

If your goal is to get fit, winter is actually the best time of the year to begin your fitness journey — especially if you're thinking of giving yoga a shot.

Celebrity trainer Kristin McGee tells us why.

Prevent accidents

Yoga teaches awareness of your body and strengthens your core, which helps improve balance and can prevent injuries as ice and snow become a problem.

"You're using your own body to support yourself in poses, and you get that in the real world as well," says McGee.

"You're much less likely to trip and fall; it's easier for you to use your body in a way that's safe."

Keep your healthy resolutions on track

Using your body as leverage doesn't just build muscles; research has shown it increases bone density.

Even more than that, "you learn how to use your joints correctly, hinge from the right areas, not overmuscle your way through things, not overstretch, not pull things," McGee says.

"The flexibility and the joint mobility is great for injury prevention as well because you're not so stiff. A lot of times people injure themselves when a muscle is stiff."

Don't let stress wreck your mood

"Now that stress is so prevalent and that it's one of the leading causes of disease, yoga really helps with stress release.

"And I think when we are more stressed, we don't think as well and we're more accident-prone," says McGee.

Learning to focus on your breath and clearing your mind during yoga can help you do the same when the holiday season becomes overwhelming.

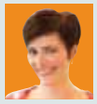
"When you're centred and you're in a better place in your life, and you feel fit and healthy on the inside, and you've got that peace of mind, you just naturally move better."

Yoga will help you with balance, which is great for those icy patches. ISTOCK

Why an air fryer is your new best friend

Theresa's tips

An appliance that's worth the counter space



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I was pretty sure that the whole air fryer thing was just, well, so much hot air. So when I tried the countertop appliance, of which there are many versions, I expected it to disappoint.

For the record, I'm fascinated with all of the gadgets that could potentially clutter up my kitchen, and would love to try them all. But those that offer a healthier spin on traditional cooking methods have a particular place in my heart (if not on my counter). One of my healthy tenets is, "Nothing deep fried — ever." (Which of course goes out the window when someone orders fried chicken or sweet potato fries at a restaurant. I have been known to steal a mouthful.)

Air fryers work on the same principal as convection ovens: They move hot air around the food to speed up cooking. The benefit of a fryer, though, is that the food goes right in the enclosed basket so the air circulates around all the food. You need very little fat sprayed or brushed onto the outside of the food for it to crisp up quickly.

The simplicity of use is idiot-proof. An air fryer is no more difficult than a microwave: Set the temperature, set the timer and go. I was looking forward to a battered KFC-type chicken without the grossness, so I was a little disappointed to find that it wouldn't work in the air fryer. A bread-crumb coating is the only option, as batter would drip and burn. The machine did turn out a fair facsimile, though, of what I was craving.

Air fryers work best:

- for smaller families or individual meals;
- in dorms or student apartments;
- in place of a microwave (they reheat faster and better);
- on breaded or marinated foods;
- when food isn't crowded into the pan;
- on multiple foods as long as they have similar densities and cooking times;
- on fish, chicken or vegetables (steak doesn't impress);
- with highly pre-seasoned food (knowing that the missing fat added flavour).

If you love crispy fried food but are committed to eating better and have some space on your counter, an air fryer might be a good investment. If you have a large family or small kitchen you may want to stick to your oven.

An air fryer ISTOCK

Air-Fried Chicken. This breaded treat cooks up quickly, and is a much healthier alternative to a deep-fried dinner

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe was developed for an air fryer, which will quickly produce crisp chicken. If you don't have an air fryer, the chicken can be baked in the oven at 400 F for about 30 minutes. It will still be delicious.

Directions

1. In a large bowl, stir together milk, steak spice and lemon juice. Soak chicken in milk for at least 20 minutes on the counter (or overnight in the fridge).

2. Mix together bread crumbs, garlic powder, Italian seasoning and cheese, and place onto a plate. Remove chicken from milk with tongs and dip into crumbs.

3. Place into basket and air fry as instructed by manual. If using an oven, place chicken on baking sheet and bake at 400 F for 20-40 minutes depending upon size of chicken pieces.

Ingredients

- 2 cups milk
- 1 tbsp Montreal steak spice
- 1 tbsp lemon juice
- 1.5 pounds boneless, skinless chicken legs
- 2 cups bread crumbs
- 1 tbsp garlic powder
- 1 tbsp Italian seasoning (or any combination of dried spices)
- ¼ cup grated Parmesan cheese

This recipe for Air-Fried Chicken makes four servings. THERESA ALBERT

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM

Stick a skewer into sweet, tangy peanut chicken

Spicy Peanut Chicken Satay. This is a great meal as it is, but you could take it further by serving the whole thing in a pita wrap

1. Place the peanuts in a food processor. Using the pulse button, grind them until very fine. Be careful not to overgrind; the peanuts should resemble bread crumbs, not peanut butter.

2. Transfer to a large bowl, then mix in the brown sugar, vinegar, fish sauce, garlic-chili paste, tomato paste and ginger. Add the chicken, stirring to coat well, then refrigerate for at least 1 hour and up to overnight.

3. When ready to cook, heat the grill to medium-high. Use an oil-soaked paper towel held with tongs to oil the grill grates.

4. Thread the chicken onto skewers. If using bamboo skewers, soak them in water for about 30 minutes first to prevent them from burning.

5. Grill the chicken for 5 to 7 minutes, turning once. To serve, pile several skewers per plate, then spoon diced tomatoes and avocado over them. Season with salt and malt vinegar. THE ASSOCIATED PRESS

Ingredients

- 1 cup roasted peanuts
- 1/2 cup packed brown sugar
- 1/2 cup cider vinegar
- 1/4 cup fish sauce
- 1/4 cup garlic-chili paste
- 1/4 cup tomato paste
- 2 tablespoons grated fresh ginger
- 8 boneless, skinless chicken thighs, each cut into 3 strips
- 6 medium plum tomatoes, diced
- 3 avocados, pitted and diced
- kosher salt
- malt vinegar, to serve

This recipe for Spicy Peanut Chicken Satay takes 25 minutes to make and serves six. MATTHEW MEAD/THE ASSOCIATED PRESS

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SHUTTERSTOCK

Join the growing field of osteopathy

At the Canadian School of Osteopathy Manual Practice

Clients seek treatment from an osteopath for a wide variety of conditions, including back pain, joint pain, changes to posture caused by driving or work strain, the pain of arthritis, and sports injuries.

The study program in osteopathy at Canadian School of Osteopathy Manual Practice Vancouver campus can train individuals to offer this treatment option in this growing field.

"Osteopathy embraces the philosophy that the body has an innate or natural ability to self-regulate and to heal itself," says Peter Goodman, DOMP — manual osteopath. "The key factor that permits this process to proceed unimpeded is the ability of the body to circulate all of its fluids and liquids."

Goodman says osteopathy treats the cause, not the symptoms.

"Osteopathic manual practitioners assess and treat your body as a whole, seeking to identify areas of the body that are not functioning optimally, then gently easing these restrictions so that normal function can resume."

Goodman says manual osteopathy is based on four basic principles:

- Each structure in the body supports the body's functions. If a structure is damaged, out of place, or otherwise not working properly, the body will not function at its best.
- The natural flow of the body's fluids — lymphatic, vascular, and neurological — must be preserved and maintained.
- The human body is the sum of its parts. Its physical, emotional, social, spiritual, and cognitive systems don't work independently, they work in harmony.
- When the body has no restrictions, it has the inherent ability to heal itself.

Osteopathic therapy is not exclusive to one demographic.

Osteopathic clients include infants to the elderly, athletes and weekend warriors, pregnant women and those trying to conceive, manual workers and office professionals.

For more, visit osteopathy-vancouver.ca.

"OSTEOPATHY EMBRACES THE PHILOSOPHY THAT THE BODY HAS AN INNATE OR NATURAL ABILITY TO SELF-REGULATE AND TO HEAL ITSELF."

– Peter Goodman, DOMP — manual osteopath

metro

LEARNING CURVE

Tuesday, January 13, 2015

SFU grad wins big

Global Startup Competition. Beedie graduate and her team beat out over 25,000 entrepreneurs

Shan Shan Fu, pictured centre, with the winning team of the Global Startup Battle. The team took top prize for ConceptKicker, a platform that transforms 2D art into 3D art. CONTRIBUTED

DANIEL HENDRIKSEN
For Metro

A graduate from Simon Fraser University's (SFU) Beedie School of Business is sure to be holding her head high these days. Shan Shan Fu is part of a team that recently came away victorious at the world's largest business startup competition.

Fu, a Beedie School alumna, is the co-founder of ConceptKicker — a platform that allows artists to upload their 2D character concept art to an online crowd-funding platform. If an artist's creation is popular enough, ConceptKicker will transform it from 2D to 3D and then send it to those who wish to own the art.

Thanks to their creation of ConceptKicker, Fu and the team beat out more than 25,000 entrepreneurs from 83 countries to take first place at Global Startup Battle. The event was held during Global Entrepreneurship Week and was sponsored by Google for Entrepreneurs.

The team from ConceptKicker started their journey toward winning Global Startup Battle by competing in both Canadian and western North American competitions against teams from San Francisco and Toronto. After beating their North American counterparts, ConceptKicker moved on to the second round of competition that consisted of the top 12 world finalists, with judges including entrepreneur and television personality Daymond John, recording artist and technology investor Nas, and Canadian entrepreneur Dan Martell.

Voted the winner of the 12 finalists, Fu and the ConceptKicker team received a prize package that includes mentoring, resources, and booths at several global conferences to showcase their products. The team has since been in touch with popular franchises Tomb Raider, Tron, and Assassin's Creed to produce models of established fictional characters.

Learn more at conceptkicker.co.

Kathy Denton CONTRIBUTED

New semester. Douglas announces new president

With the start of a new semester, Douglas College is also welcoming a new president. On Jan. 5, the school announced Kathy Denton would assume the position.

Denton is the eighth president in Douglas' history and has previously served as both interim president and vice president at the institution. She brings more than 20 years of experience as a post-secondary institution administrator, and has been with Douglas since 1993 when she started as a psychology instructor. Since then, Denton has served as department chair and faculty dean before being named vice president academic and provost in 2010.

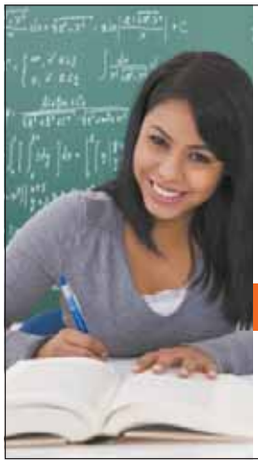
"Dr. Denton is an exceptional leader, with deep institutional knowledge and extensive post-secondary experience," said Shelley Williams, Douglas College Board chair, in a press release.

"Throughout her career, she has consistently demonstrated a genuine passion for post-secondary education and a strong commitment to strengthening the effectiveness of the system. The board has every confidence that Dr. Denton brings the strategic vision, energy, and leadership qualities necessary to ensure Douglas remains a strong and dynamic institution, highly responsive to the changing needs of its stakeholders, and an effective leader within the sector."

Denton is originally from Coquitlam and earned her PhD in psychology from the University of Western Ontario.

"I am honoured and excited to become president of Douglas College," said Denton. "As a leading applied-degree-granting college, Douglas provides students with an exceptional post-secondary experience. I am committed to building on existing strengths and increasing opportunities for students."

DANIEL HENDRIKSEN/FOR METRO



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KPU student receives $2,000 scholarship

Interior design. Fourth-year student makes career swap from film and TV industry

DANIEL HENDRIKSEN
For Metro

A Kwantlen Polytechnic University (KPU) student got a nice financial boost just before Christmas. Judith Babcock, a fourth-year student at the Wilson School of Design, was awarded a $2,000 scholarship from the Hospitality Industry Network (NEWH).

Babcock received the funds from the Vancouver chapter of NEWH after submitting an essay that explained why she chose interior design as a profession, and what her career goals are. Babcock spoke in a press release and gave a summary of what she wrote in her essay.

"I have always loved brilliant architecture and interiors, and chose the latter because of the direct connection it has with people on a daily basis. A well designed work place, communal or experiential space has incredible potential to improve quality of life," said Babcock. "Coming from a career that was all about entertainment, this just seemed like the right thing to do at this stage in my life."

Philosophy

"We live in an exciting time to be a designer, and I still believe what my mentors taught me many years ago: Keep challenging, push the status quo and always be looking for smarter, better options."

Judith Babcock
KPU student of interior design

Babcock has a background in film and television — she decided to leave that industry and enrolled in the interior design program at KPU as a mature student. When she received the scholarship, Babcock said her plan was to use the funds toward her final semester at KPU. Upon graduation, she hopes to find employment with a firm that includes hospitality design as a primary discipline, and has no problem relocating to make that happen.

The NEWH Vancouver region chapter grant is awarded to a student pursuing a career related to the hospitality industry. In order to be eligible for the scholarship, students must be enrolled in an accredited university or college, be at least halfway through their credential and have maintained a GPA of 3.0 or higher.

"We live in an exciting time to be a designer, and I still believe what my mentors taught me many years ago: Keep challenging, push the status quo and always be looking for smarter, better options," said Babcock.

Judith Babcock CONTRIBUTED

KPU. Record-setting amount of scholarships

It was a record-setting evening for Kwantlen Polytechnic University (KPU) as the school held its 26th annual scholarships and awards dinner at the River Rock Casino in Richmond just before Christmas.

The event was hosted by the KPU Foundation and saw approximately 470 students, donors and KPU representatives in attendance with more than $750,000 in scholarships, awards and bursaries awarded to KPU students — the most ever in the university's 31-year history.

"When we receive awards, we gain more than support, or the means to further our education," said Sana Sohel, a KPU Faculty of Arts creating writing major. "Recognition by donors, by industry, by our university, empowers the students who will be the next generation of intellectuals, visionaries, activists and entrepreneurs. Being recognized as valuable citizens within our community empowers our potential."

Shelley Besse, president of Envision Financial, was the keynote speaker on behalf of the donors and industry at the awards night. She spoke about the importance of supporting students and post-secondary education.

"At Envision Financial, our organization is committed to making a meaningful difference in our local communities and to partnering with other local organizations who share our commitment. That's why we are proud to be long-time supporters of Kwantlen Polytechnic University," Besse said. "KPU is a well-respected educational institution that is known for academic excellence and for the high caliber of its students. We are proud to support Kwantlen in its efforts to ensure that tomorrow's leaders receive an exceptional educational experience."

While the awards are very important to the students, the event can mean much more than scholarships and bursaries. With many industry and community leaders on hand, the students have a chance to network with potential employers and colleagues.

DANIEL HENDRIKSEN/FOR METRO

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Get a jump on your job search

JANE DOUCET
For Metro

Second semester isn't just about class; students should devote time each week toward their job searches. SHUTTERSTOCK

For college and university students, there is often an extra layer of work to do in the second semester, which involves job hunting, whether it's for a casual summer gig between semesters, or, for graduating students, a career position.

Your job search strategy should be the same regardless of the type of employment you are seeking.

"Students need to know both the job they're looking for and their key strengths, skills, and interests in order to sell themselves as the best candidates," said Christine Frigault, the co-ordinator of career planning services at Mount Saint Vincent University in Halifax.

The search should begin at the campus's career centre, which will be posting jobs for students and recent graduates. It's also a good idea to attend career fairs organized by your school, and to look for notices when certain employers will be visiting campus.

Having great grades might not be enough to get hired, however.

"Employers are looking for well-rounded candidates, so students should do some volunteer work, ideally something in their field of study," Frigault said.

Employers also look for graduates who have held leadership roles and have been involved in athletics and extracurricular activities.

When it comes to launching a job search, Frigault's most important piece of advice to graduating students is to not delay.

"Don't wait until you graduate to start looking. It'll be too late."

In the first few weeks of second term, students should set aside five to 10 hours a week to update their CV, cover letter template and LinkedIn profile, which employers do check (if you don't have one, it's time to create one), and to search for jobs.

Keep in mind that employers will be looking at all of your social media platforms, such as Facebook, Twitter and Instagram.

"Take a good look at your social media and ask yourself if you'd want a potential employer to see everything you're posting."

Five new people voted to KPU Alumni board

The Kwantlen Polytechnic University Alumni Association (KPUAA) has elected five new people to its Board of Directors.

Rachel Baitz (Surrey), David Dryden (Surrey), Avi Kay (Burnaby), Carmen Lung-Pita (Richmond) and Jaya Panwar (Burnaby) have all been voted in. Baitz will serve a three-year term, while the other newly-elected directors will all serve two-year terms.

Baitz earned her bachelor of arts in psychology from KPU in 2011. She is now enrolled in the human development, learning, and culture PhD program at UBC. Baitz enjoys giving back to the community in her spare time; she volunteers at the YWCA and the Promoting Relationships and Eliminating Violence Network.

A former varsity athlete, Dryden graduated in 2013 from the KPU School of Business. While attending school he was involved in several student and university initiatives. Today, Dryden works with the Investors Group as a consultant.

Kay graduated in 2005 with a BBA in entrepreneurial leadership. A very successful student, he won several awards and represented Kwantlen at various national and international business case competitions. The success keeps on coming for Kay, as he is now the branch manager at the Sunshine Hills location of Envision Financial.

While attending KPU, Lung-Pita was the recipient the Department of Foreign Affairs' International Notebook Award and a participant in UN-HABITAT. She graduated from KPU's bachelor of journalism program in 2007, and became a member of the Federation of International Journalists. These days she is a computer instructor for people with mental health issues.

Panwar graduated from KPU School of Business with her BBA in human resources management in 2008. She is now a human resources manager at Telus Communications.

DANIEL HENDRIKSEN/FOR METRO

METRO CUSTOM PUBLISHING

Immerse yourself in French language

Forget the dull, mandatory French classes that you had to take in grade school — learning French can be fun through classes at Alliance Française de Vancouver.

Based on the Common European Framework of Languages, Alliance Française de Vancouver students will quickly learn to communicate in French.

"Everything you learn is practical and can be used right away," says Valentin Morin, course manager, Alliance Française de Vancouver. "It is French that you can use now."

These classes will immerse students in the French language, where they will learn to communicate, speak, listen, write and listen in French — no English is spoken in the classrooms.

Alliance Française de Vancouver adult classes will begin Jan. 19, will run for seven weeks and classes have been designed for learners of all levels.

Alliance Française de Vancouver is also celebrating its 111th anniversary this year, offering French language training to those looking to learn a new skill or to add to their resumé.

Along with the popular adult classes, Alliance Française de Vancouver offers classes for children and is also offering online classes (in B.C. and the Yukon).

To learn more about any of these courses or to register, visit alliancefrancaise.ca.

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TRAIN IN AUTHENTIC SALONS

Vancouver Community College hair design and skin and body therapy students are competitive and have the skills to back it up, both in competitions and in the field.

"VCC is very proud and honoured to support and showcase our industry through student achievements and competitions," says Lucy Griffith, department head of hair design and skin and body therapy, VCC. "It shows prospective students and the industry that we are serious about student success and preparing them for their careers."

VCC hair design and skin and body therapy students are currently preparing to compete for Skills Canada B.C. competition as a part of their training.

Students of both the 10-month, full-time hair design program and the nine-month, full-time skin and body therapy program train in a new training spa or training salon.

"The program gives students authentic industry experience, training in a fully equipped spa and salon where treatments are offered to the public," Griffith says.

To learn more, attend the Jan. 21 information session, or check out the un-Valentine's Day event on Feb. 13, where students and instructors will display what happens in both of these programs.

For more information, visit vcc.ca.

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NYIT adds new grad degree

School delivers distinctive programs

A new year means new energy at New York Institute of Technology (NYIT) Vancouver.

With the addition of Paul Dangerfield as the new dean and executive director of the Vancouver campus in 2014, he is hard at work striving to make the school even better for 2015.

"Our role in Vancouver is to deliver applied, professional, graduate degrees to students who have regional expertise and an ability to work around the world," Dangerfield says. "I am working with our colleagues in New York, our team here in Vancouver, and local stakeholders to expand our offerings to include more of NYIT's distinctive and in-demand graduate programs, such as energy management, instructional technology, and health sciences."

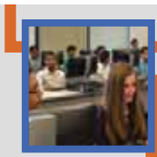
With the goal of offering students in-demand graduate programs, NYIT-Vancouver has recently added a new graduate degree — masters in science in information network computer security (masters in cyber security).

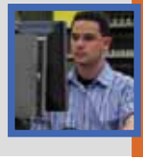
NYIT-Vancouver is home of B.C.'s only master's degree focusing on computer and Internet security, a booming field with critical implications for everyday lives.

"Earning this unique graduate degree is an excellent opportunity for those with the right background to advance their skills to serve in our community as managers, analysts, scientists, or consultants for just about any industry," Dangerfield says.

For more, visit nyit.edu/canada.

Paul Dangerfield CONTRIBUTED





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Transfer to SFU with programs from VCC

Until now, there was no transfer program in place in the Lower Mainland where it is possible to complete all first-year requirements for Simon Fraser University (SFU) engineering science.

"By offering these courses, Vancouver Community College will provide students in the Lower Mainland an opportunity to transfer seamlessly into second year at SFU," says Dr. Andy Sellwood, department head, science, school of access, Vancouver Community College (VCC).

"Engineering transfer programs offered at, for example, Langara College, Douglas College, Columbia College, target UBC."

He says the SFU and UBC first-year engineering programs are quite different, and that students in transfer programs in the Lower Mainland who hope to attend SFU are missing several key engineering specific courses.

"The program is an almost exact replica of the first year of SFU's engineering science degree," Sellwood says.

The university transfer engineering certificate is a one-year program in which students take 11 university transfer courses (total 36 credits).

The courses in the program include calculus, physics, chemistry, computer programming and linear algebra, as well as three courses that introduce students to engineering and to the analysis and communication skills they will need as engineers.

"BY OFFERING THESE COURSES, VANCOUVER COMMUNITY COLLEGE WILL PROVIDE STUDENTS IN THE LOWER MAINLAND AN OPPORTUNITY TO TRANSFER SEAMLESSLY INTO SECOND YEAR AT SFU."

– Dr. Andy Sellwood, department head, science, school of access, Vancouver Community College

To get into the program students need to have graduated from high school, have English 12, English language proficiency, pre-calculus 12, physics 12 and chemistry 12.

"The great thing about the program is the assured admission agreement with SFU," Sellwood says. "Students who complete all the required courses in the program with a GPA of 2.75 in a 16-month time period, and have a course load of at least 12 credits for two of the terms, receive assured admission into the second year of SFU's engineering science degree."

For more information about this program attend an information session on Jan. 22 at 3 p.m., or visit vcc.ca/engineering.

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Join us for a free information session

Program	Campus
Automotive trades Tuesday, Jan. 13, 11 a.m. – Lobby, building B	Broadway
Music Tuesday, Jan. 13, 4:15 p.m. – room 3228	Broadway
Dental reception coordinator Tuesday, Jan. 13, 5:30 p.m. – room 502	Downtown
Interior design Tuesday, Jan. 13, 5:30 p.m. – room 814	Downtown
Dental hygiene Wednesday, Jan. 14, 5 p.m. – room 501	Downtown
Fashion arts Thursday, Jan. 15, 6:30 p.m. – room 161	Downtown

Downtown campus
located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus
located at 1155 East Broadway, one block west of Clark Drive, across from VCC/Clark SkyTrain station.

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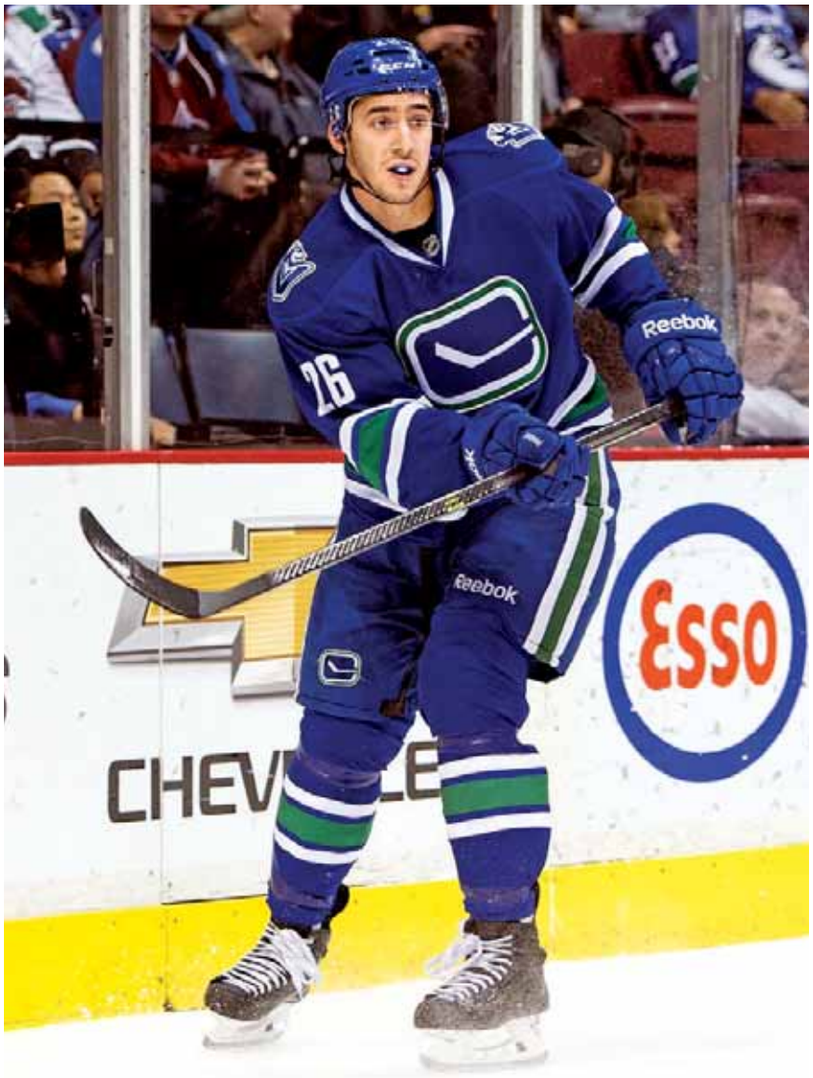
Corrado develops detail



After being a healthy scratch on numerous occasions, Frank Corrado finally made his season debut with the Canucks on Saturday. GETTY IMAGES FILE

Canucks. Defenceman has sharpened his skills in the minors but does he get into the lineup vs. Nashville?

CAM TUCKER
cam.tucker@metronews.ca

Frank Corrado has spent extended periods of time with the Vancouver Canucks this season, on recall from the American Hockey League, only to sit out of the lineup.

Called up to the big club for the third time this season, the 21-year-old Corrado finally made his season debut with the Canucks on Saturday against the Calgary Flames.

In an opportunity to show the new coaching and management staff his capabilities at the NHL level, he put forward a promising display, with just over 17 minutes of ice time and six shot attempts, including three on goal, and no giveaways.

All those lengthy periods of time sitting in the press box, practising as an extra defenceman and not getting into games while on recall, would seem like a frustrating ordeal.

Corrado doesn't feel that way.

"I don't think it's ever frustrating getting called up to the NHL. Every time, it's a privilege to be up here," he said Monday.

The Canucks skated at Rogers Arena on Monday morning, then hopped on a flight for Nashville, where they'll play the red-hot Predators on Tuesday.

Corrado once again skated on a pairing with Luca Sbisa, so it would seem likely he'll play again in Nashville, although that won't be known for sure until the lineup is+ announced.

"He's a guy, I said before that game, we have to find out where he's at," said head coach Willie Desjardins.

"One game doesn't tell you where he's at, good or bad. We'll probably try to get him in somewhere on this trip."

Since the lockout-shortened season, Corrado has been on the cusp of cracking Vancouver's roster.

The Canucks opted to send him down to Utica at the beginning of this season. He's had a chance to work on his game with Travis Green, who has instilled the importance of detail in Corrado's game.

"Travis ... I hate to call him this, but he's a nitpicker," said Corrado.

"If I make a wobbly pass or something, he'll let me know about it. It's the little things that help my game and I've put some attention to detail on those things."

Near two-month absence

Dan Hamhuis hopes to return to the Canucks lineup at some point during this five-game road trip, but it doesn't appear that will happen in Nashville.

- Hamhuis, 32, has been out since Nov. 20 with a groin injury.
- "This is one of those injuries, it's not about battling through pain. It's gotta be right and we don't want to rush it where we have a setback and then back off again," said Hamhuis.

NCAA. Buckeyes capture pigskin title

National championship

Ohio State	Oregon
42	20

Ezekiel Elliott rushed for 246 yards and four touchdowns and Ohio State won the first national title in college football's playoff era, running over Oregon 42-20 Monday night.

Elliott scored three straight times in the second half for the Buckeyes, seeded fourth in the four-team bracket, after the Ducks pulled within a point in the third quarter.

The Buckeyes overcame four turnovers to give Urban Meyer his first title in his third season at Ohio State after he won two championships at Florida under the old BCS system.

Cardale Jones, who started the season as Ohio State's third-string quarterback, accounted for two scores as the Buckeyes won their fifth national championship.

Heisman Trophy winner Marcus Mariota threw two touchdowns for the Ducks.

THE ASSOCIATED PRESS

Ohio State's Ezekiel Elliott celebrates his first-half touchdown run against Oregon on Monday in Arlington, Texas. THE ASSOCIATED PRESS

NFL

Packers bump up flight to Seattle

The Packers will get a head start out West to prepare for the NFC title game against the Seattle Seahawks.

Green Bay plans to leave for Seattle on Friday, one day ahead of when the team would usually fly out for Sunday road games.

The Packers are hoping this trip to CenturyLink Field has a different outcome than the previous one in September — a 36-16 loss in the league opener to the Seahawks.

THE ASSOCIATED PRESS

Soccer

Ronaldo scores third Ballon d'Or

Cristiano Ronaldo won the FIFA Ballon d'Or award for 2014 on Monday, earning the title of world's best football player for a third time.

He easily beat four-time winner Lionel Messi and Germany goalkeeper Manuel Neuer in a vote of national team captains and coaches from FIFA's 209 member countries, plus selected journalists.

Ronaldo scored 61 goals for Real Madrid and Portugal last year.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Try to be more logical in your thinking. If you look honestly at what happens today you will realize it is nowhere near as bad as certain people try to make out.

♉ Taurus
April 21 - May 21
You will notice someone today who for some reason you never noticed before. What other things have you overlooked?

♊ Gemini
May 22 - June 21
A co-worker will give you a hard time over the next 24 hours but you must not give them a hard time back.

♋ Cancer
June 22 - July 23
Don't worry if you find yourself moving in the opposite direction to everyone else today because no harm will come of it.

♌ Leo
July 24 - Aug. 23
You may be tempted to get involved with something that appeals to your adventurous nature but can you be sure it will work out okay? No you can't is the answer, but if you knew it would then it wouldn't be so much fun!

♍ Virgo
Aug. 24 - Sept. 23
If you allow yourself to get submerged in details over the next 24 hours you will almost certainly miss something big. Try to see the bigger picture.

♎ Libra
Sept. 24 - Oct. 23
What happens today may surprise you but it will also change your life in interesting ways.

♏ Scorpio
Oct. 24 - Nov. 22
You may have strong opinions about certain issues but what happens today and tomorrow will force you to question some of your long-held beliefs.

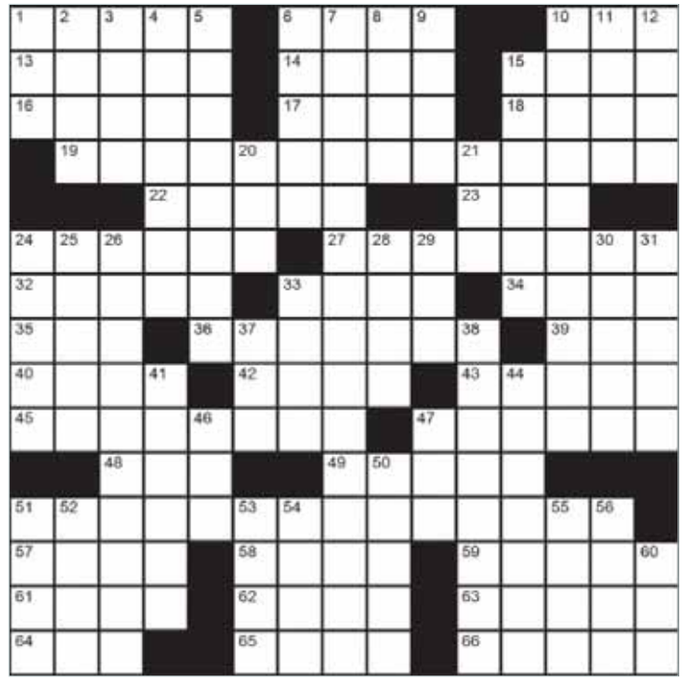
♐ Sagittarius
Nov. 23 - Dec. 21
Take care when dealing with someone you don't know very well. They may try to make you believe they are experts in their field but do you have any evidence of that?

♑ Capricorn
Dec. 22 - Jan. 20
Partnerships and relationships are under good stars today but you will only feel the benefit if you make an effort to think — and feel — outside your usual range.

♒ Aquarius
Jan. 21 - Feb. 19
Someone who does not approve of your desire to come and go as you please will try to clip your wings today. They will only succeed if they convince you that it's for your own good.

♓ Pisces
Feb. 20 - March 20
The message of the stars today is that you should finish what you have already begun rather than start something new.

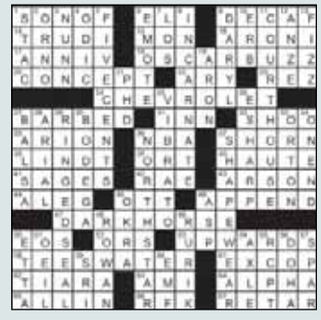
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Acid kind
6. Castaways' constructions
10. Lightly apply
13. The Primal Scream writer Arthur
14. Organic compound
15. Hide
16. Evoke "Eeks!"
17. "__ __ Angel" (1933)
18. Bypass
19. Sly & The Family Stone hit: 2 wds.
22. Painting outdoors = En __ air
23. Pou __ (Vantage point)
24. White poplar trees
27. Literary critic Mr. Frye born in Sherbrooke, QC
32. 'Octomom' Ms. Suleman
33. Most marvelous
34. One just getting by
35. "Promiscuous" singer ...her initials-sharers
36. For each day: 2 wds.
39. Three non-consonants
40. "Live __ __!" (Old consumer-themed Canadian show)
42. Tapes, tiny-ly
43. Cain's brother's namesakes
45. "...to fight the horde and sing and cry, __, I am coming." - Led Zeppelin, "Immigrant Song"
47. Diagnostic test
48. Celtic sea god
49. Spring flower
51. McCain product: 3 wds.
57. De __ (Again, in Latin)
58. Adjoin
59. Perform, Shakespeare-style
61. British streetcar
62. Soccer legend
63. Habituate, variantly
64. Francisco's partner
65. Three: Spanish
66. Asgard denizens

Down
1. Car racer Mr. Foyt's
2. King's staff
3. ___-formation (How Canada Geese fly)
4. Beatles tune that starts "This happened once before...": 2 wds.
5. Jump that bit too far
6. The __ Chronicles (Wendy Wasserstein play)
7. Spacecraft without astronauts: 2 wds.
8. Stylish
9. Swill
10. "Steven and Chris" relationship dilemma game: 3 wds.
11. Botanical casing
12. Memory unit
15. Playwright, Clare __ Luce
20. "For sure!"
21. Ballpark fig.
24. Couple's yrly. celebration
25. UK's Oscar equivalent
26. Canadian comedy team Wayne & Shuster were guests on his show more than any other act: 2 wds.
28. 'Psych' suffix
29. Commuter's regular course, briefly
30. Trompe l'__ (Visual illusions)
31. Commonplace
33. Belgian songwriter Jacques
37. Schubert's The __-King
38. Central concept: 2 wds.
41. Prodigy, puny-ly
44. "No Matter What": Hit for what Irish group?
46. Electrical discharge
47. Jazz style
50. Feminine suffix [pl.]
51. Dynamites
52. Lively circle dance
53. Deeply absorbed
54. Slangy 'super'
55. Greek Myth: Supreme god
56. Longfellow's bell town
60. Him opposite

Yesterday's Crossword

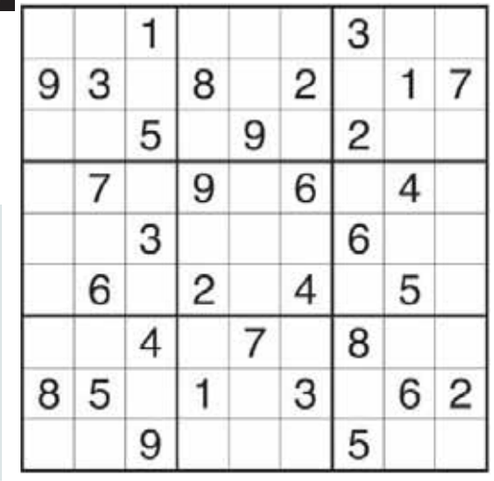


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

1	7	6	8	9	2	4	5	3
8	5	4	3	1	7	2	6	9
2	3	9	4	5	6	7	8	1
5	1	7	9	3	4	8	2	6
3	6	8	2	7	1	9	4	5
4	9	2	5	6	8	3	1	7
6	8	1	7	2	3	5	9	4
9	2	3	6	4	5	1	7	8
7	4	5	1	8	9	6	3	2

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smart fortwo pure coupe shown.

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fortwo pure coupe	2013	Z1300504	$16,660.00	SOLD	fortwo passion cabriolet	2013	Z1300752	$23,185.00	SOLD
fortwo pure coupe	2013	Z1302244	$17,400.00	SOLD	fortwo passion cabriolet	2013	Z1301176	$23,185.00	$15,685.00
fortwo pure coupe	2013	Z1300190	$17,400.00	$10,400.00	fortwo passion cabriolet	2013	N1300510	$25,150.00	$16,650.00
fortwo pure coupe	2013	R1300331	$17,460.00	SOLD	fortwo BRABUS coupe	2015	R1561994	$25,090.00	$21,160.00
fortwo pure cabriolet	2013	Z1301068	$21,160.00	$15,160.00	fortwo BRABUS cabriolet	2013	B1300848	$27,855.00	$18,855.00
fortwo passion cabriolet	2013	Z1300316	$22,760.00	$14,760.00	fortwo electric drive coupe	2014	B1460625	$29,645.00	SOLD
fortwo passion cabriolet	2013	N1300319	$22,760.00	$15,760.00	fortwo electric drive coupe	2014	B1460466	$29,250.00	$20,250.00
fortwo passion cabriolet	2013	Z1301211	$23,580.00	$17,160.00	fortwo electric drive cabriolet	2013	R1301090	$34,385.00	$24,385.00

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